"The South 40" by JAMES A. SMITH EXTENSION AGENT

April started out slow and it was questionable whether the normal rainfall of 3.39 inches would be equaled. It only took one low pressure system to reverse the situation with a 4.04 inch deposit. Since records were first begun in 1938, there has been only three times with higher readings for the month of April.

* * *

For a long time we've recognized the need to supplement cattle diets with magnesium sulfate to prevent grass tetany.

Recent work done at the Kentucky Experiment Station demonstrates the need of supplementing magnesium for reasons other than tetany. Tetany is only the "tip of iceberg" Kentucky researchers report. Apparently magnesium is an important element in conception.

Out of the magnesium deficient group of 36 cows, 3 died from tetany and 1 from unknown causes. Only 22 or 68 percent of the 32 surviving cows were pregnant following the breeding season. Out of 75 cows fed a magnesium supplement, none developed tetany and 64 or 85 percent were pregnant.

In an earlier experiment, 5 of 18 cows fed a low magnesium diet developed tetany and 3 died. Less dramatic, but just as important, 7 of the 15 cows that survived failed to become pregnant when rebred.

Kentucky recommends feeding magnesium supplement to cows on pasture whenever the soil temperature is below 60 degrees. Work at Kentucky also showed that the amount of oxygen in the soil affects the uptake of magnesium by plants. When soil moisture is high, the amount of oxygen is reduced.

Magnesium is low cost so put it in your program. The new Virginia Beef Herd Health Program that was distributed to those attending the recent Cattlemen's Association Meeting recommends beginning magnesium supplmentation October 15, but also suggests considering year-round supplementation.

* * *

Have you considered growing alfalfa hay as a cash crop? If you are willing to provide the management and supplementary irrigation, it could become an important crop. At present prices, alfalfa hay is more profitable cash crop than grains, and protein from alfalfa can be produced at lower cost than it can be purchased.

1977 reports indicate that gross cash rent for farms in Virginia averages $33.30 per acre. The average for 22 states around the nation is approximately $4.00 higher. Average cash rent for farms in Virginia represents 5.7% of value.

* * *

We had hoped to have some of the Cumberland Oats to show off this spring, but they were lost to the winter. Ed Harvey is the only one that reports having a fair stand.

* * *

Midland Bermuda grass has a place in summer grazing or haying programs. Sprigs and a sprigger are available from the Piedmont Soil and Water Conservation District for $50.00 per acre. Details are available from this office or SCS Office.

PRECIPITATION:

Last Week	4.09
Month of April	4.78
Normal for April	3.39
This Month	0
This Year	14.93
Nor. for this Year	12.62

Smokey Says:

The Forest floor is full of growing things that need protection! Its up to you . . . help prevent forest fires!

Local Churches Contribute $563.42 To Cancer Drive

The following report was turned in to the local Cancer unit by Rev. R. Q. Lawhorn: Jordon Baptist Church, $107; Mt. Zion, $75; Mt. Airy, $74.32; Zion Baptist, $52; Promise Land, $45; Mt. Shiloh $33.20; Galilee, $30.45; Canaan, $25; Springfield, $22; Peaceful Grove, $21.63; Mt. Pleasant, $21.10; Chestnut Grove, $20.65; First Baptist, $15; Gravel Hill, $11; Morning Star, $10. As chairman for the local churches I would like to thank all pastors and individual members for their cooperation. Special thanks to the following church who worked in their communities: Mrs. Mary Lambert and husband, brother, Jasper Lambert of the Jordan Church, Mrs. Nannie Johnson of Zion Baptist, Mrs. Hannah Rice of Peaceful Grove. Again we say thanks to all.

We are happy to report the following contributions from local churches to the local Red Cross Drive: Jordan Baptist, $132; Promise Land,$40.28;Mt. Obed, $29.60; Mt. Zion, $25; Canaan, $25; Mt. Shiloh, $25; Galilee, $15; Mt. Airy, $20; and Mt. Pleasant, $11.07. Special thanks to the following churches and community workers: Mrs. Dorothy Fleshman, Miss Doris Austin, Miss Eloise Jones, Mrs. Mary Lambert and Mr. George Stevens. A grand total of $322.95 was reported. Many thanks to all the local churches, pastors and workers for their cooperation.

The general public is cordially invited to attend the annual Ladies Day Program at the Galilee Baptist Church this first Sunday at 3 p.m. Local Ladies Clubs have been invited to attend. Members of the local club will conduct the devotionals and extend the welcome. Special music will be rendered by the Harmonettes of the Jordan Baptist Church. Mrs. Lillie Stevens will serve as mistress of ceremony. Dr. Mildred M. Dyson of Lynchburg will be the guest speaker.

The special musical program presented by the Holiness Gospel Singers of Pamplin, Va. at the Promise Land Baptist Church last Sunday evening at 7 p.m. was enjoyed by all. The Heavenly Gospel Singers and the Jordaniers took an active part on the program. The offering was very good.

The semi-annual session of the East & West Bound Sunday School union was held at the Morning Star Baptist Church last Sunday at 10 .m. All the Sunday Schools were present except Chestnut Grove. The Sunday School was conducted by the union. Deacon Lloyd Abbott taught the adult class. Mrs. Revella Austin taught the Junior Class. The pastor of the church, Rev. Roy Wood delivered the morning message. His message was helpful to all who were present. The youth program was enjoyed by all. The days offering was $119.50. Refreshments were served by the host school.

Don't forget to attend the Crusade beginning this Sunday evening at 8 p.m.

All officers, members and friends are asked to attend the regular preaching service at the Galilee Baptist Church this Sunday morning at 11 a.m.

The Gospel Entertainers will render a musical program at the Promise Land Baptist Church on the second Sunday in this month at 7 p.m. The program is in place of the regular evening service. All officers and members and friends are asked to attend.

The Galilee Baptist Church has announced plans for the 32nd anniversary of its pastor on May 24, 26 and Sunday the 28th. The arrangements are in the hands of a special committee.

The general public is cordially invited to attend the regular preaching service at the [illegible] Church this Sunday at 11 a.m. The pastor, Rev. E. Hankins, will be in[illegible]

A [illegible] relatives and [illegible]ended the funeral [illegible] evening at 1 p.m. of the late Mrs. Mary Cox Gray at the Zion Baptist Church. The pastor of the church officiated and delivered the eulogy. Mrs. Florence M. Patterson rendered a solo. Bland-Reid Funeral Home of Farmville, was in charge of arrangements.

Mr. Ray Hunter, Miss Mary Ligon and children, of New York, visited in the home of Mr. and Mrs. Wesley Hunter for the week end.

Rev. Hankins and the Zion Baptist Senior Choir were the special guests of the Triumph Baptist Church Sunday evening at 3 p.m. The Rev. David Jordan is the pastor of Triumph Church. Mr. Tim Martin of Maryland, visited his mother-in-law, Mrs. Maggie Franklin, over the week end. Mrs. Eunice Franklin Jones, of Germany, visited her grandmother, Mrs. Franklin, also.

REACT TEAMS ASKS FOR SUPPORT

The Central Virginia React Team #3007 would like to ask all the businesses and managers to give generously to a React member who will be coming around to collect for the roadside safety breaks this summer. We would appreciate anything that you can give to the support of the React.

Teacher: What was the Iron Age?

Student: The time before Drip-Dry!

-Grep Haupt, Edina, Minn., Boys' Life

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"Where You Remain Friends Long After the Sale"
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Mother's Day SUPER SAVINGS!

Ladies Pantie-Pantyhose
• Suntan & Coffee • Slight Irregulars • One Size Fits All
SUPER PRICE 2 PRS. FOR $1

LADIES Moon Boots
• Terry Cloth & Nylon • S-M-L-XL
SUPER PRICE $1.24
Our Everyday Low Price $1.57

Ladies Peignoir Sets
• Long Length • S-M-L • Ruffle & Lace Trim Styles
SUPER PRICE $7.94
Our Everyday Low Price $8.97

LARGE ASSORTMENT Ladies Handbags
• Vinyl & Canvas • Handle & Shoulder Styles
SUPER PRICE $3.94
Our Everyday Low Price $4.97

Ladies Knit Tops
• Short Sleeves • Large Assortment • Solids, Prints, Stripes and Embroideries • S-M-L and Extra Sizes
SUPER PRICE $2.94
Our Everyday Low Price $3.97

Ladies Fashion Slacks
• Polyester Gabardine • Assorted Colors & Styles • Sizes 5/6-15/16, 8-18 & 32-38
SUPER PRICE $7.94
Our Everyday Low Price to $9.97

Bath Towels
• Solids, Jacquards & Prints
SUPER PRICE 4 FOR $5
Values to $2.99 each if perfect.

Ladies Schick Razor
SUPER PRICE $1.14
Our Everyday Low Price $1.87

Stephen B Spray Cologne
2½ oz. Bottle
SUPER PRICE $2.99
Regular Value $7.50

Health & Beauty Aids
Large Assortment of Name Brand Items
YOUR CHOICE 2 FOR $1

Tortoise Tone Duplex 4¾" Hand/Dresser Mirror
SUPER PRICE 94¢
Our Everyday Low Price $1.57

Fashion Sunglasses
Plain and Gradiant Styles
YOUR CHOICE $1 OFF
Our Everyday Low Price to $4.97

Set of 6 Floral Design Beverage Glasses
SUPER PRICE $1.97
Compare at $2.99

Gift Boxed Glassware
• Footed Bowls • Candy Dishes • 2 Pc. Hen-on-Nest
SUPER PRICE $1.97
Compare at $2.99

Boxed Stationery
Assorted Solids and Patterns
SUPER PRICE 74¢
Our Everyday Low Price 97¢

Electrical Appliances
• Hairdryers • Can openers • Hand mixers • Quick Fryers
YOUR CHOICE $8.94 EACH
Our Everyday Low Price $9.97 each

PRICES GOOD THRU THIS WEEKEND WHILE QUANTITIES LAST!
VISA
SUPER DISCOUNT STORES DOLLAR
Satisfaction $ Guaranteed
HOURS: MONDAY-SATURDAY 9 a.m. - 9 p.m.
SUNDAY 1 p.m. - 6 p.m.
Triangle Plaza Appomattox, VA

NOTICE
APPOMATTOX ANIMAL HOSPITAL
Change of Office Hours
Effective May 1st
Mondays 8:00 to 12:00
1:00 to 7:00
Tuesday, Wednesday and Fridays
8:00 to 12:00
1:00 to 5:30
Thursdays - 9:00 to 12
The Office Will Be Closed on Saturdays And Sundays.
Your Support of This Change Will Be Appreciated.

Save by having the Valuable Radial Tires on your car Retreaded by the Blue Ribbon Specialists at Webb's Tire Co.
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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton Extension Agent

ADD SPICE TO LIFE!!!

Tips on the Art of Seasoning - In most cases spices and herbs should be used to aid and enhance the natural flavors of foods, not obscure them. The overall impression should be one of savoriness without any particularly dominant spice apparent. Exceptions to this would be foods such as curry or chili or gingerbread where the character of the dish depends on its spice.

How Much? Since the pungency of each spice differs and its effect on different foods varies, it is not possible to offer a blanket rule for the amount to use. Following recipes that have been well tested is the surest practice. Where no recipe is available, start with about ¼ teaspoon of spice to each pound of meat or pint of sauce or soup. Make this 1/8 teaspoon in the case of red pepper (or cayenne) and garlic powder. You will probably find these starter quantities should be increased in many instances, but it is easier to add than subtract.

When to Add? Ground spices are ready to give up their flavors quickly. When used in a medium to long cooking dish, they should not be added until near the end of the cooking period. Otherwise, they should be added about the same time as the salt. In uncooked dishes, such as salad dressings and fruit juices, the spiced liquid should be left standing for several hours to develop good flavor. In the case of salad dressing particularly, add the spices to the vinegar and leave this to stand before adding the oil. If it is not possible to let it stand, the liquid should be brought to a boil and cooked, thus letting the heat bring out the flavor.

Whole spices are especially useful in long cooking dishes. They should be added at the beginning of cooking. It is a good idea to place them in a small cheesecloth or muslin bag so that they may be easily removed when the desired flavor level is obtained. This also avoids any chance of pieces of whole spice remaining in the finished dish. Seeds such as poppy and sesame should be toasted before they are used. Whole (or "leaf") herbs should be crumbled finely just before they are used, to release best flavor.

How to Buy Strength, quality of flavor and good color are the most important considerations to buying spices. To judge quality, examine the spice first for rich, fresh color (particularly important in the herbs and paprika); then bring it slowly up to the nostrils. Its pungence should rise up to meet you. It should be strong and fresh (excepting, of course, the few non-aromatic or faintly perfumed items such as mustard seed, sesame seed, poppy seed, etc.).

How to Store Spices - For best results, spices should be stored in a cool and dry a place as possible. Heat robs their flavors and dampness will cake them. Be sure also that containers are tightly closed after every use so that their valuable volatile oils are not lost. In very hot climates, it may be practical to place capsicum spices (paprika and red pepper) in the refrigerator to guard against infestation.

How Long Will They Keep? Under good conditions, spices will retain aroma and flavor for a long period. The whole spices will keep longer than ground spices. The herbs tend to lose flavor a little faster than such items as pepper, ginger, cinnamon, cloves, etc. As a result, many users prefer to buy herbs in the whole (or "leaf") form in which state they store better.

RECIPE OF THE WEEK
Mrs. Anderson's Frozen Slaw

1 medium cabbage head, shredded
2 carrots, shredded
1 sweet pepper - chopped
1 tablespoon salt
Mix above ingredients and let stand 1 hour.

Syrup:
1½ cups sugar
1 cup vinegar
½ cup water
1 teaspoon celery seed
1 teaspoon mustard seed
Boil syrup for 5 minutes. Pour syrup over first mixture, let cool. Put in containers and freeze.

Many thanks to Mrs. Ella Anderson for sharing this delicious recipe with us.

EATING WELL

by Mrs. Barbara L. Morlang, R. D., Ph. D.
State Nutrition Consultant Virginia Department of Health

Labels Important In Meal Planning

Knowing how to read labels is important in order for every shopper to get the most for his money. For example the United States Department of Agriculture specifices how much meat or poultry a product must contain before the name of that product can be used in the label. Reading the label helps in comparing the meat content of different products, and can be useful when planning daily menus.

Did you know that:

Products which are label "beef with gravy" must contain at least 50 percent cooked beef; however, when the label states "gravy with beef", the product has to contain only 35 percent cooked beef.

Products labeled "bacon and tomato spread" must contain 20 percent cooked beef.

Products label "bacon and tomato spread" must contain 20 percent cooked bacon.

Baby Food products that are labeled "high meat dinner" must contain at least 26 percent meat; while a "meat and broth" product must have at least 61 percent meat.

When baby food jars are labeled "vegetable and meat" it means that the product contains a minimum of eight percent meat.

For additional information about understanding labels and their contents, write to United States Department of Health, Education and Welfare, Public Health Service, Food and Drug Administration, 5600 Fishers Lane, Rockville, Md. 20852.

Menu For May Pamplin Ele. School

Mon., May 1 - Batter dip fish, turnip greens, whipped potatoes, rolls, milk, butter.

Tues., May 2 - Pizza, green beans, sliced peaches, cookie, milk.

Wed., May 3 - Sliced turnip w/gravy, green peas, potatoe tots, rolls, milk.

Thurs., May 4 - Fried chicken, buttered corn, fruit, bread, milk

Fri., May 5 - Spaghetti, slaw, jello W/fruit, biscuits, milk.

Mon., May 8 - Corn dogs, french fries, fruit, cake, milk

Tues., May 9 - Sausage, green beans, apple sauce, biscuits, milk.

Wed., May 10 - Hot dogs, buttered cabbage, candied sweet potatoes, buns, milk.

Thurs., May 11 - Chicken salad, peanut butter cracker, celery and carrots sticks, green vegetables, rolls, milk.

Fri., May 12 - Cheeseburgers, green peas, whipped potatoes, milk, cookie

Mon., May 15 - Beef w/gravy, turnip greens, fruit, milk, rolls

Tues., May 16 - Chicken noodle soup, peanut butter sandwiches, jello w/fruit, cookie.

Wed., May 17 - Pizza, tossed salad, potato chips, cookie, milk

Thurs., May 18 - Fried chicken, green peas, whipped potatoes, sliced bread, milk.

Fri., May 19 - Submarines, french fries, green vegetables, cake, milk.

Mon., May 22 - Sausage, buttered corn, sliced tomatoes, biscuits, milk

Tues., May 23 - Bologna, macconri & cheese, slaw, rolls, milk

Wed., May 24 - Hamburgers, green beans, whipped potatoes, fruit, milk

Thurs., May 25 - Spaghetti, turnip greens, sliced peaches, biscuits, milk

Fri., May 26 - Grilled cheese sandwiches, buttered green peas,fruit cocktail, cookie

Mon., May 29 - Turkey salad, mixed vegetables, apple sauce, rolls, butter, milk.

Tues., May 30 - Beef w/gravy, green lima beans, cole slaw, biscuits, milk, cake

Wed., May 31 - Fried chicken, whipped potatoes, green beans, bread, milk.

Thurs., June 1 - Hot dogs, french fries, sliced pears, cookie, milk

Fri., June 2 - Cheese & bologna sandwiches, sliced tomatoes, potato chips, ice cream, milk.

Officers Elected For HERO

The new officers for the HERO (Home Economics Related Occupations) Club were installed Wednesday, April 19th, during the ACHS Club period.

New officers are, left to right, Rebecca Moss, Historian; Wanda Mosley, Reporter; Jackie Megginson, Vice President; Helen Coleman, Secretary-Treasurer; Lalu McCoy, Federation Representative; and Crystal Mays, President.

REP. DANIEL RECEIVES STATESMAN'S AWARD

Representative Philip M. Crane, Chairman, The American Conservative Union, is shown presenting the ACU's Statesman Award to Fifth District Congressman Dan Daniel. The Award cited Daniel for his performance in the 95th Congress, "Distinguished by strong leadership on behalf of fiscal responsibility, the interest of the taxpayers and a strong national defense." The Award presentation was held in Washington earlier this month.

Mary Carolyn Cheatham

STUDENT OF THE MONTH

Mary Carolyn Cheatham has been chosen Student of the Month by Mrs. Bryant's fifth grade class.

The selection was made on the basis of academic achievement, class participation, and personal conduct.

Carolyn is the daughter of Mr. and Mrs. Robert M. Cheatham of Spout Spring.

"KEEP VIRGINIA GREEN" POSTER CONTEST WINNERS FROM ROBERT E. LEE ACADEMY

Robert E. Lee Academy had ten (10) winners out of a possible 28 in the "Keep Virginia Green" Poster Contest for 1978. There were 16,000 entries submitted by 409 Virginia schools.

The theme for this year's contest was "Wood - Our Daily Resource." The Academy students were sponsored by Virginia Fibre Corporation and Westvaco Corporation.

The winners from Robert E. Lee Academy were: Kim Johnson, 1st place, grade 6; Angela Hackett, 1st place, grade 2; honorable mention went to Mary Lee Bryant, grade 8; Stella Osborne, grade 8; Lewis Bryant, grade 1; Laura Doss, grade 1; Melinda Fleshman, grade 1; Cheryl Bennett, grade 7; and Robin Branch, grade 7. Receiving honorable mention but not shown in photo, was Otis Gunter, grade 2.

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TRIANGLE PLAZA
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THURSDAY — FRIDAY — SATURDAY
Brought You By The Following Merchants

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FRIAR TUCK'S FASHIONS

RING NECK TEE SHIRTS	BUY ONE $3.98	GET ONE Free
MEN'S L/S SPORT SHIRTS VALUES TO $10.00 Each	BUY ONE $5.98	GET ONE Free
MEN'S L/S DRESS SHIRTS	VALUES TO $12.50	½ Price
TIES (Beautiful Selection)	VALUES TO $10.00	NOW $3.99
GUYS & GALS JOGGING SUITS (Polyester/Cotton)	WERE $23.50	NOW $17.99
MEN'S & BOYS TUBE SOX 2 PR $1.50	MEN'S DRESS SOX (grouping)	2 PR $1.00
BOY'S TANK TOPS 2 FOR $5.00	BOY'S SHORT SLEEVE SPORT SHIRTS BUY ONE $6.99	GET ONE Free

—IN STORE SALE VALUES —
Gals Jeans by Male (grouping) Values to $23.00 NOW $9.99
Gals Jean Jackets by Male (grouping) Values to $27.99 NOW $10.99
Gals Tops (grouping) ½ Price
Men's Fashion Dress Slacks 10% Off
Men's Fashion Dress Shirts 10% Off
FRIAR TUCK'S FASHIONS
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Daily & Sat. 10-6 P.M. Fri. Open 'Til 9 P.M.
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